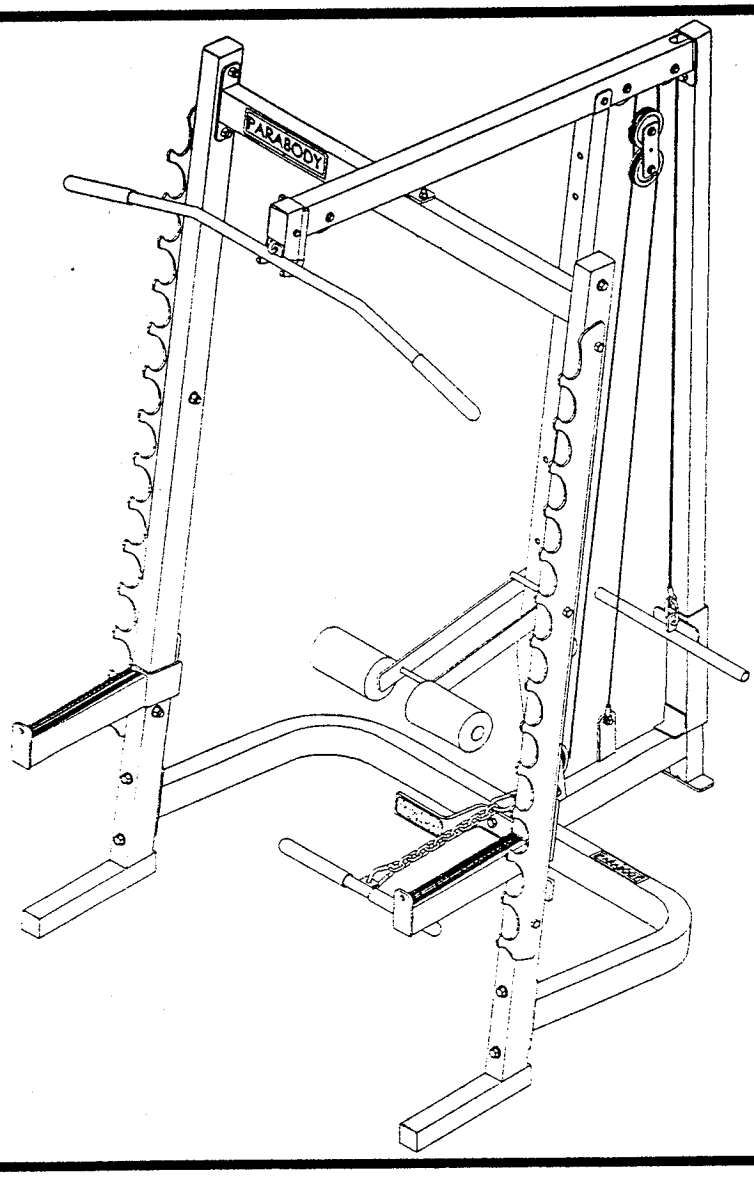
PARABODY

# Serious Steel

## 893104 PRO SYSTEM




# ASSEMBLY INSTRUCTIONS

# IMPORTANT NOTES

## WELCOME TO THE WORLD OF *Serious Steel!*

**Please note:**

* Thank you for purchasing the Parabody 893104 PRO SYSTEM. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

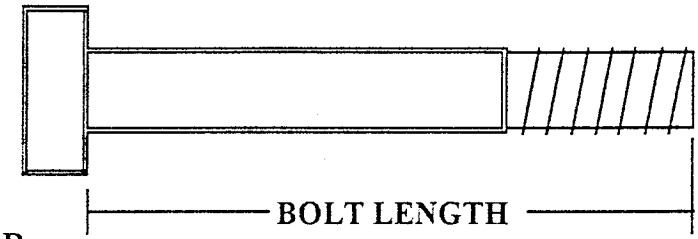
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

## Tools Required for Assembly

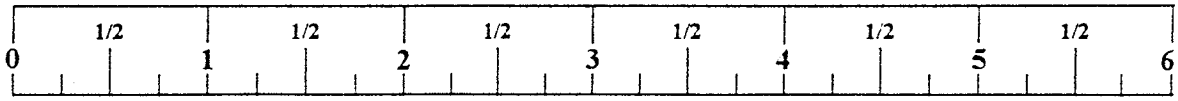
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* Adjustable wrench
* Tape measure

## Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.




BOLT LENGTH RULER:



# PARTS LIST

| KEY | PART# | DESCRIPTION | QTY |
|---|---|---|---|
| 1 | 6816103 | TOP BOOM | 1 |
| 2 | 6815703 | UPRIGHT FRAME | 1 |
| 3 | 6815203 | KNEE SUPPORT | 1 |
| 4 | 6814803 | UPRIGHT SUPPORT | 1 |
| 5 | 6815003 | FRONT UPRIGHT | 2 |
| 6 | 6816302 | FOOT PLATE | 1 |
| 7 | 6798103 | UPPER CROSS SUPPORT | 1 |
| 8 | 6801102 | LAT BAR SUPPORT | 1 |
| 9 | 6275302 | LAT BAR | 1 |
| 10 | 6274402 | LOW ROW BAR | 1 |
| 11 | 6807602 | LEFT SAFETY RAIL | 1 |
| 12 | 6807702 | RIGHT SAFETY RAIL | 1 |
| 13 | 6546302 | CARRIAGE | 1 |
| 14 | 6812402 | SMART RACK | 2 |
| 15 | 6194601 | 4 X 7" ROLLER PAD | 2 |
| 16 | 3116201 | 3-1/2" PULLEY | 5 |
| 17 | 3116101 | 4-1/2" PULLEY | 1 |
| 18 | 6816401 | 121-1/2" CABLE | 2 |
| 19 | 6692601 | 3 X 2" END CAP | 3 |
| 20 | 3103102 | 1 X 8" GRIP | 4 |
| 21 | 6140701 | 1" SQ. GLIDE | 9 |
| 22 | 6405201 | 2" SQ. END CAP | 5 |
| 23 | 3116001 | 1-1/4" SQ. RUBBER BUMPER | 1 |
| 24 | 6817101 | 1-5/8 X 5-1/2" NON-SKID STRIP | 2 |
| 25 | 6811701 | 13-1/2 X 1-1/2" RUBBER STRIP | 4 |

| KEY | PART# | DESCRIPTION | QTY |
|---|---|---|---|
| 26 | 6824601 | 3-1/4 X 1-3/4" GLIDE | 6 |
| 27 | 6542402 | 1/2 X 3" VINYL CAP | 2 |
| 28 | 3105303 | 3/16 X 1-3/4 X 5-1/4" PLATE | 2 |
| 29 | 3105303 | 9/16" CAP PLUG | 8 |
| 30 | 3102901 | 3/8 X 1-1/4" BOLT | 1 |
| 31 | 3102933 | 3/8 X 2" BOLT | 2 |
| 32 | 3102922 | 3/8 X 2-3/4" BOLT | 7 |
| 33 | 3102906 | 3/8 X 4" BOLT | 2 |
| 34 | 3102928 | 1/2 X 2-1/2" BOLT | 1 |
| 35 | 3102910 | 1/2 X 3" BOLT | 9 |
| 36 | 3102918 | 1/2 X 3-1/4" BOLT | 2 |
| 37 | 3102917 | 1/2 X 4" BOLT | 4 |
| 38 | 3102949 | 1/2 X 5-1/2" BOLT | 1 |
| 39 | 6480301 | 3/8" FLANGE SPACER | 8 |
| 40 | 3102501 | 3/8" WASHER | 12 |
| 41 | 3102807 | 3/8" LOW HEIGHT LOCK NUT | 1 |
| 42 | 3102801 | 3/8" LOCK NUT | 11 |
| 43 | 3102502 | 1/2" WASHER | 12 |
| 44 | 3102801 | 1/2" LOCK NUT | 16 |
| 45 | 6606801 | 1/2" SPRING PIN ASSEMBLY | 1 |
| 46 | 3105401 | 3/4" STARLOCK COLLAR | 2 |
| 47 | 3103801 | 5/16" SNAP HOOK | 3 |
| 48 | 3108102 | 1/4" QUICK LINK | 1 |
| 49 | 6075906 | 12 LINK CHAIN | 1 |
| | | | |

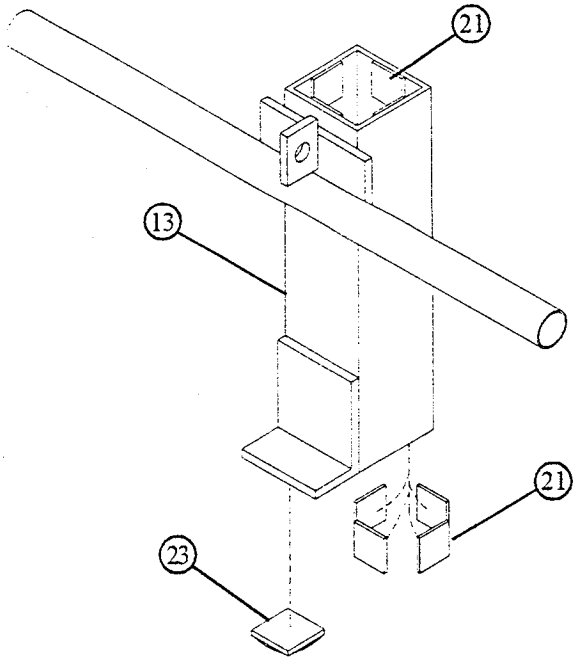



FIGURE 1

**STEP 1:**

- Apply eight 1" SQ. GLIDES (21) to the inside of the CARRIAGE (13) as shown in FIGURE 1.
- Attach one 1-1/4" SQ. RUBBER BUMPER (23) to the bottom of the CARRIAGE (13) as shown in FIGURE 1.

## STEP 2:

- Attach two NON-SKID STRIPS (24) to the FOOT PLATE (6) as shown in FIGURE 2.

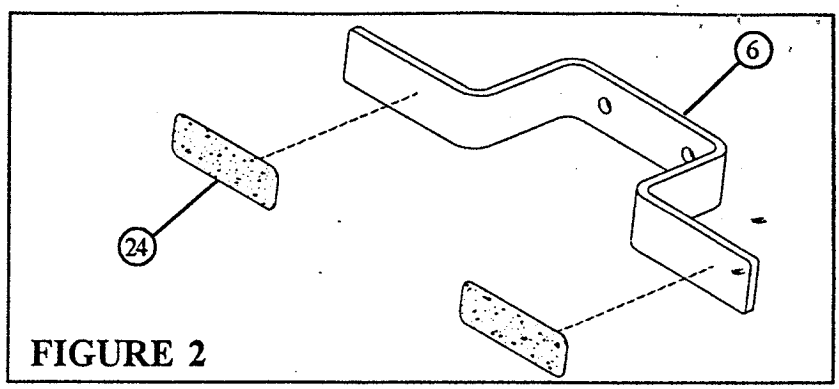



FIGURE 2

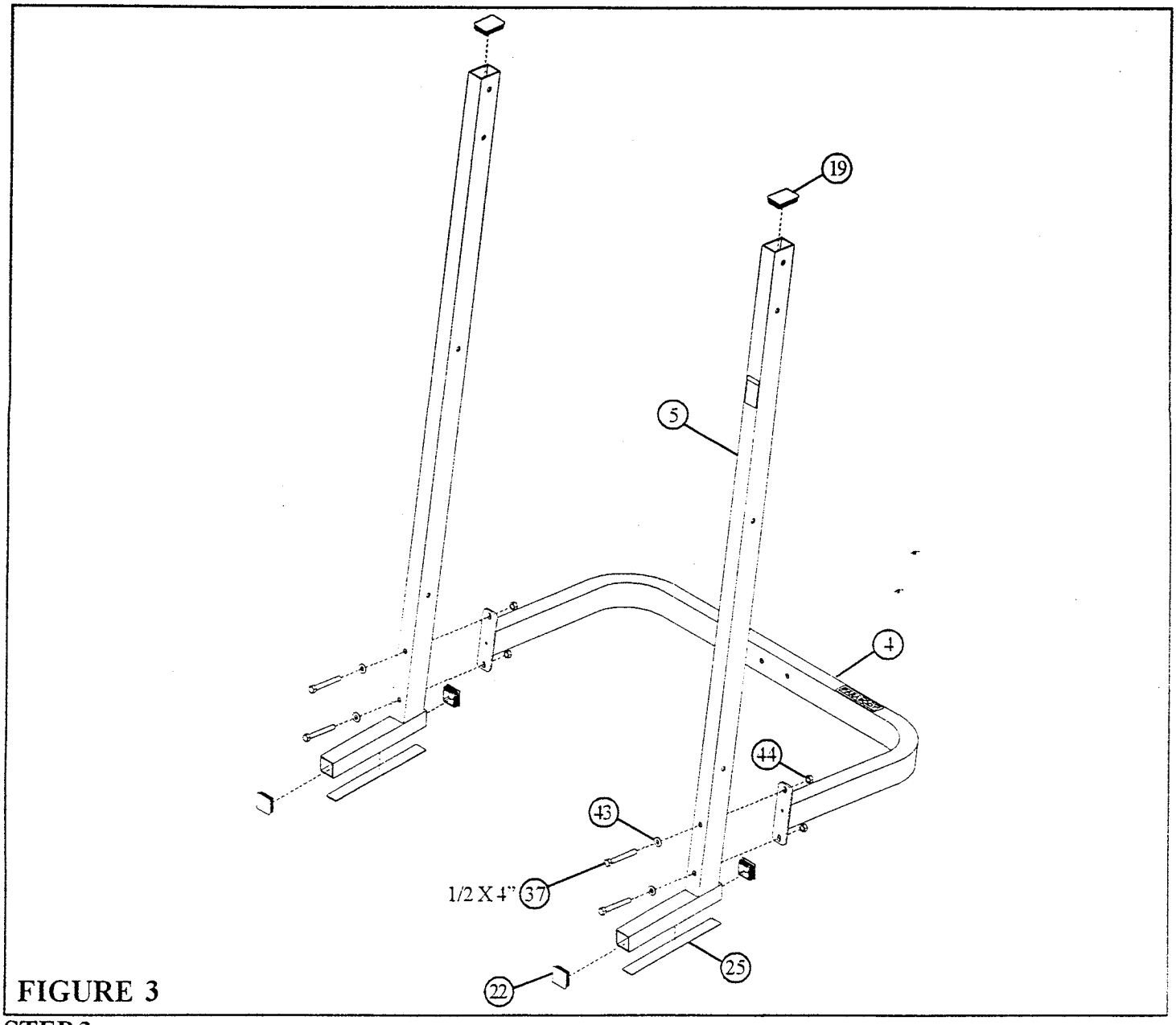
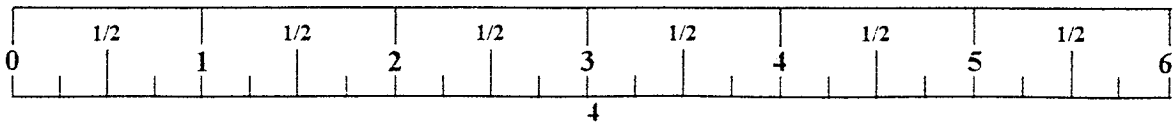



FIGURE 3

## STEP 3:

- Insert four 2" SQ. END CAPS (22) & two 3 X 2" END CAPS (19) to the ends of the FRONT UPRIGHTS (5) as shown in FIGURE 3.
- Assemble two 13-1/2 X 1-1/2" RUBBER STRIPS (25) to the bottom of the FRONT UPRIGHTS (5) as shown in FIGURE 3.
- **LOOSELY** assemble the FRONT UPRIGHTS (5) to the UPRIGHT SUPPORT (4) using four 1/2 X 4" BOLTS (37), four 1/2" WASHERS (43), and four 1/2" LOCKNUTS (44) as shown in FIGURE 3.



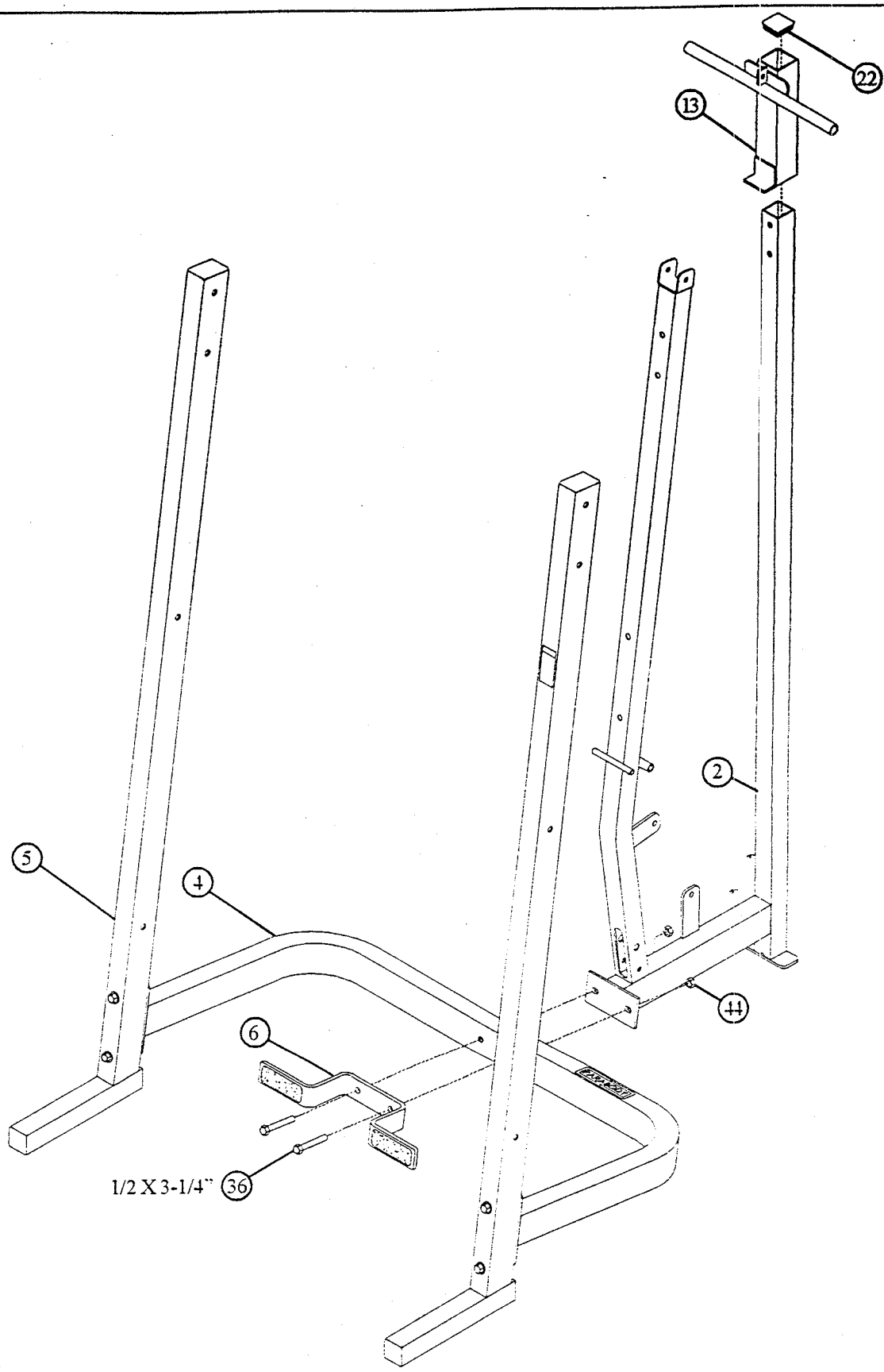



FIGURE 4

## STEP 4:

- **LOOSELY** assemble the FOOT PLATE (6) and the UPRIGHT FRAME (2) to the UPRIGHT SUPPORT (4) using two 1/2" X 3-1/4" BOLTS (36) and two 1/2" LOCK NUTS (44) as shown in FIGURE 4.
- Slide the CARRIAGE (13) over the UPRIGHT FRAME (2) as shown in FIGURE 4.
- Insert one 2" SQ. END CAPS (22) to the end of the UPRIGHT FRAME (2) as shown in FIGURE 4.

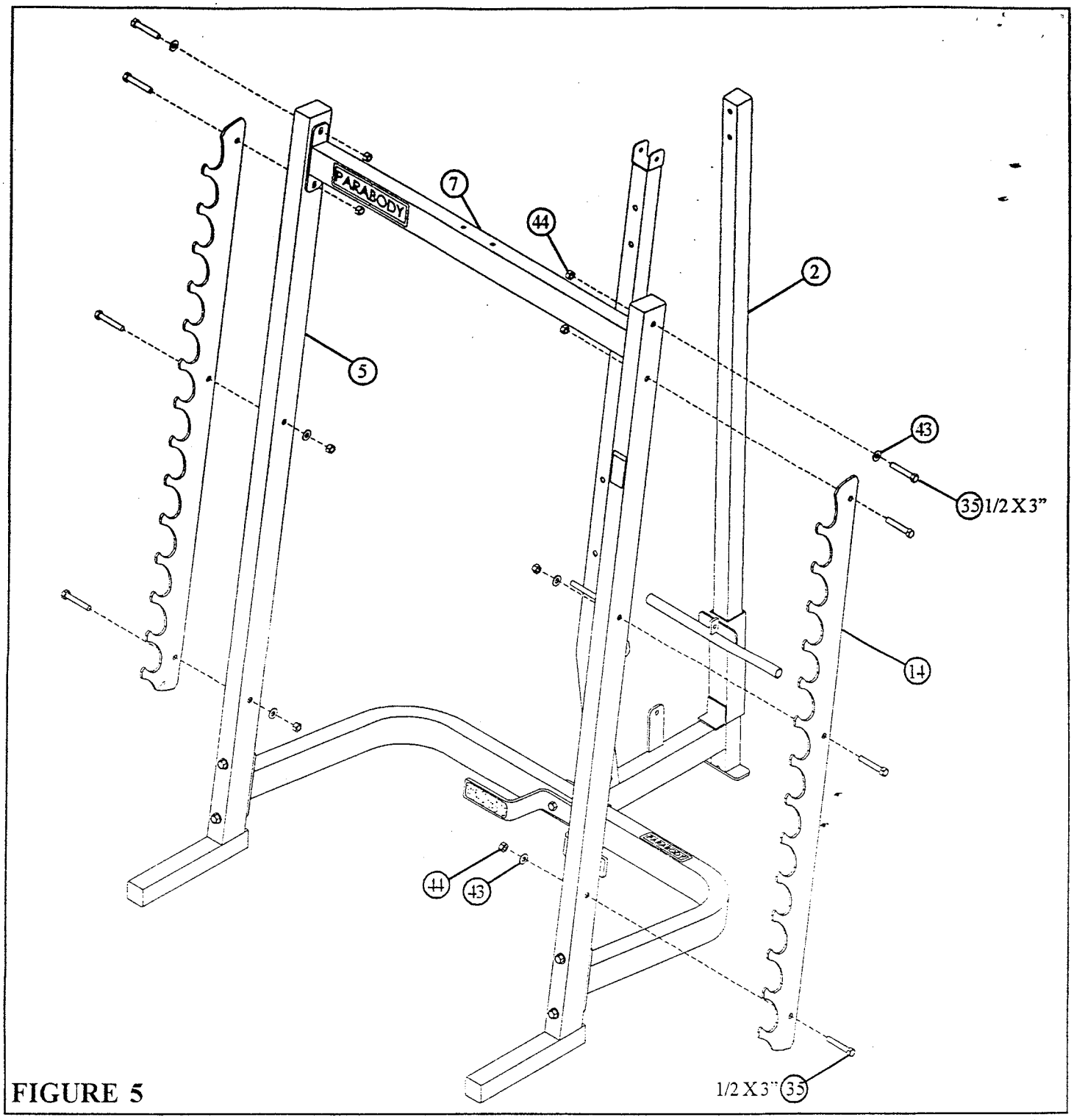
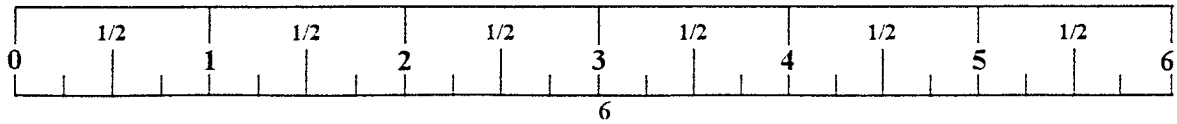


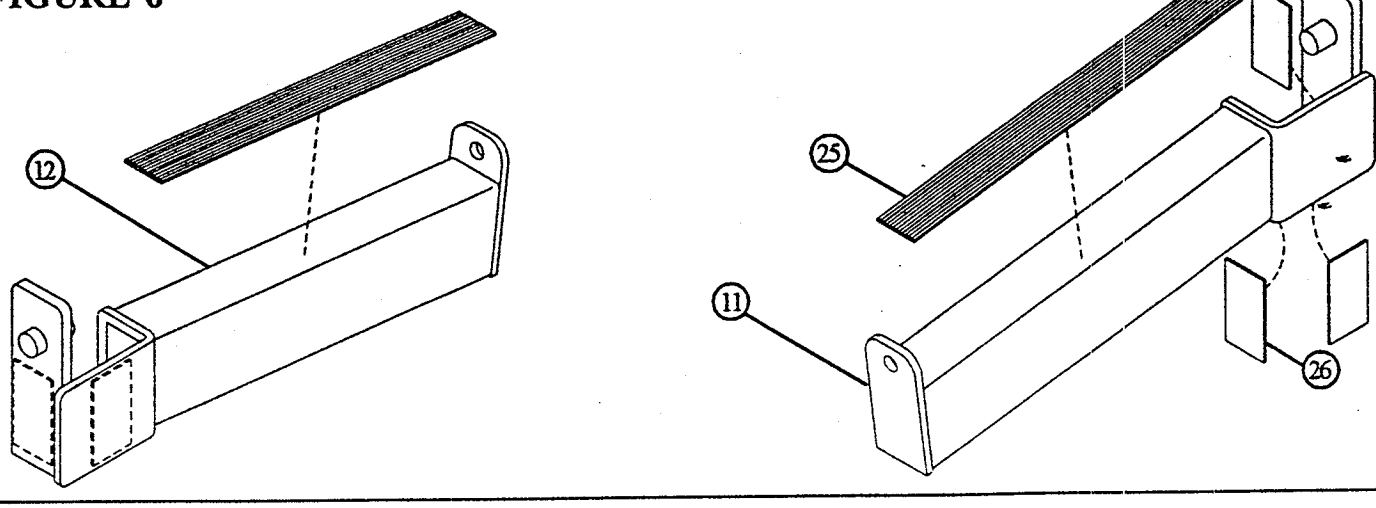

**FIGURE 5**

## STEP 5:

- **LOOSELY** assemble the UPPER CROSS SUPPORT (7) to the top set of holes of the FRONT UPRIGHTS (5) as shown in FIGURE 5 using two 1/2 X 3" BOLTS (35), two 1/2" WASHERS (43), and two 1/2" LOCK NUTS (44).
- **LOOSELY** assemble the two SMART RACKS (14) to the outside of the FRONT UPRIGHTS (5) as shown in FIGURE 5 using six 1/2 X 3" BOLTS (35), four 1/2" WASHERS (43), and six 1/2" LOCK NUTS (44).

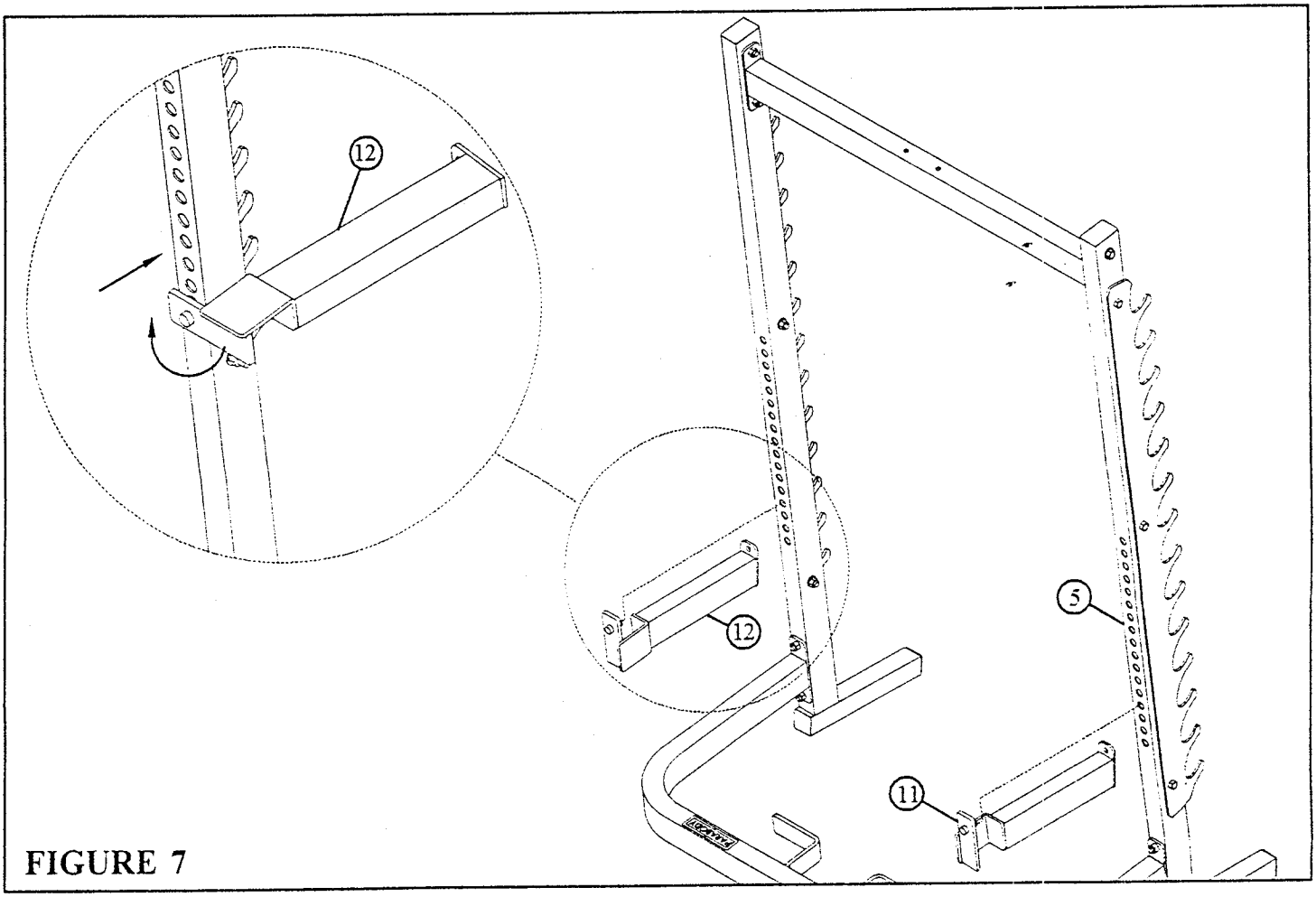


## FIGURE 6




## STEP 6:

- Attach six 3-1/4 X 1-3/4" GLIDES (26) to the LEFT & RIGHT SAFETY RAILS (11 & 12) as shown in FIGURE 6, using the following steps:
  - Thoroughly clean all surfaces where the 3-1/4 X 1-3/4" GLIDES (26) are to be attached.
  - Remove the 3-1/4 X 1-3/4"" GLIDES (26) from the paper backing and firmly apply them flush with all shown surfaces.
- Attach two 13-1/2 X 1-1/2" RUBBER STRIPS (25) to the LEFT & RIGHT SAFETY RAILS (11 & 12) as shown in FIGURE 6.

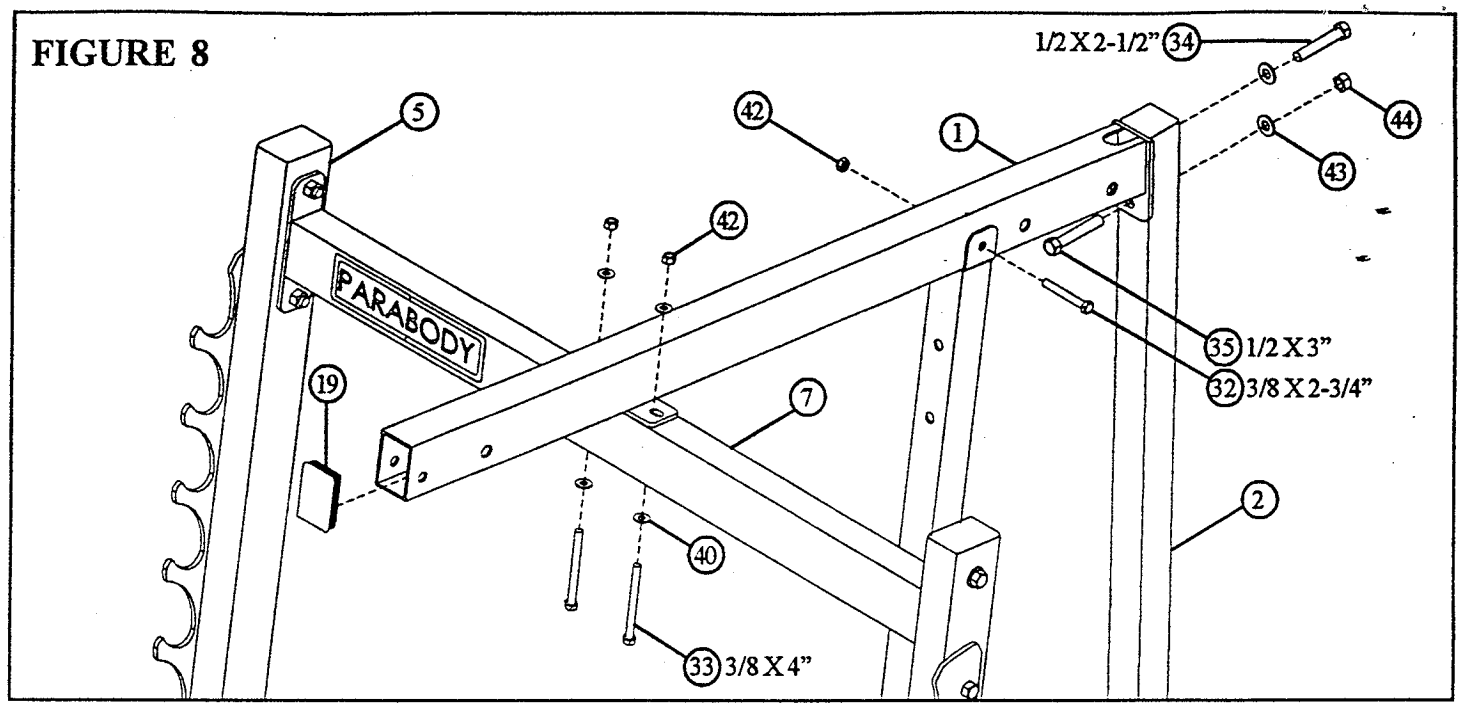



## FIGURE 7

## STEP 7:

- Assemble the LEFT & RIGHT SAFETY RAILS (11 & 12) to the FRONT UPRIGHTS (5) as shown in FIGURE 7.

## FIGURE 8

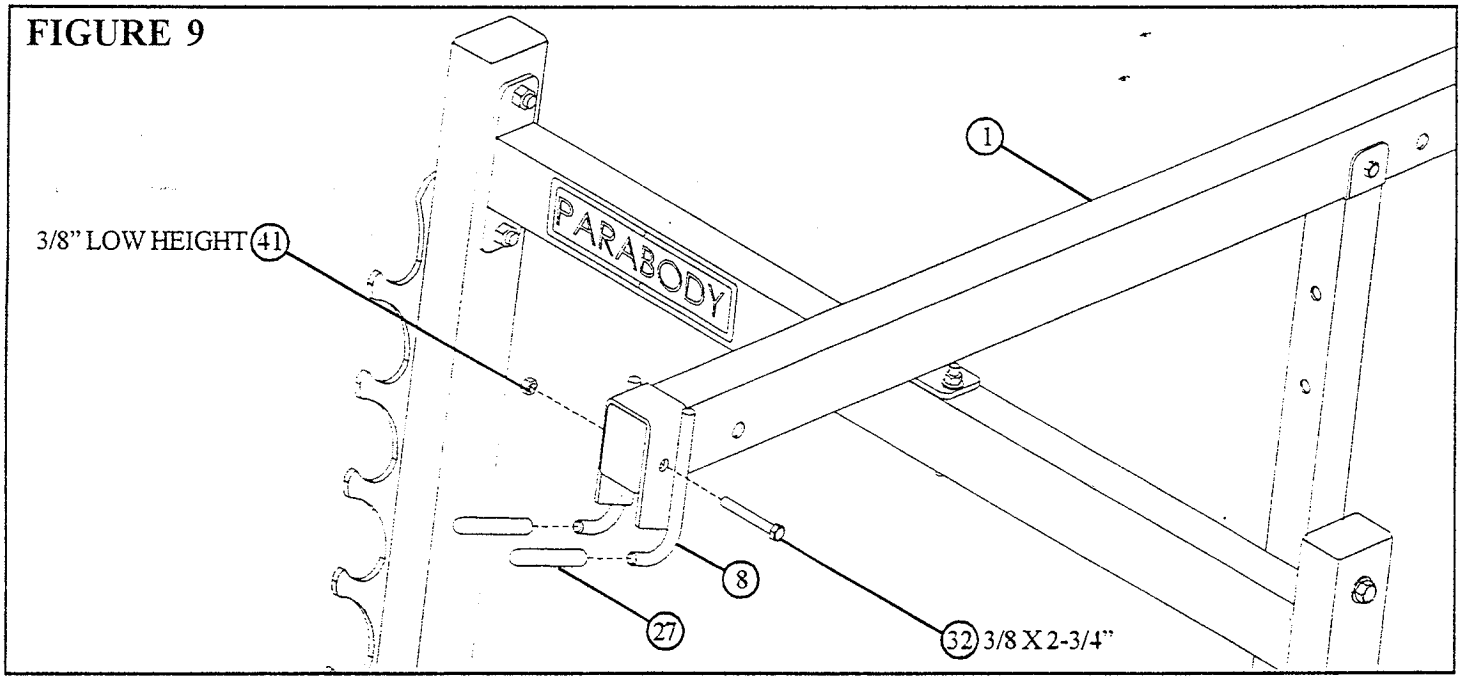



**STEP 8:**

- **LOOSELY** assemble the TOP BOOM (1) to the UPRIGHT FRAME (2) using one 1/2 X 2-1/2" BOLTS (34), one 1/2 X 3" BOLT (35), two 1/2" WASHERS (43), and one 1/2" LOCK NUT (44) as shown in FIGURE 8.
- **LOOSELY** assemble the TOP BOOM (1) to the UPRIGHT FRAME (2) using one 3/8 X 2-3/4" BOLTS (32) and one 3/8" LOCK NUT (42) as shown in FIGURE 8.
- **LOOSELY** assemble the TOP BOOM (1) to the UPPER CROSS SUPPORT (7) using two 3/8 X 4" BOLTS (33), four 3/8" WASHERS (40) and two 3/8" LOCK NUTS (42). See FIGURE 8.
- Insert one 3 X 2" END CAP (19) into the end of the TOP BOOM (1). See FIGURE 8.

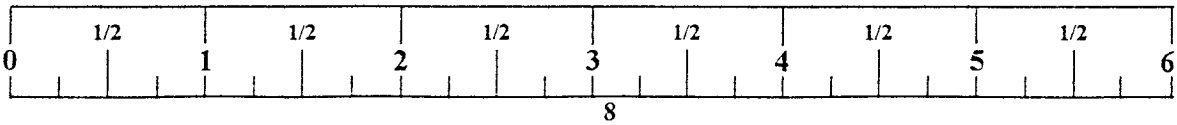
*** SECURELY TIGHTEN ALL LOOSE CONNECTIONS MADE UP TO THIS POINT!**

## FIGURE 9

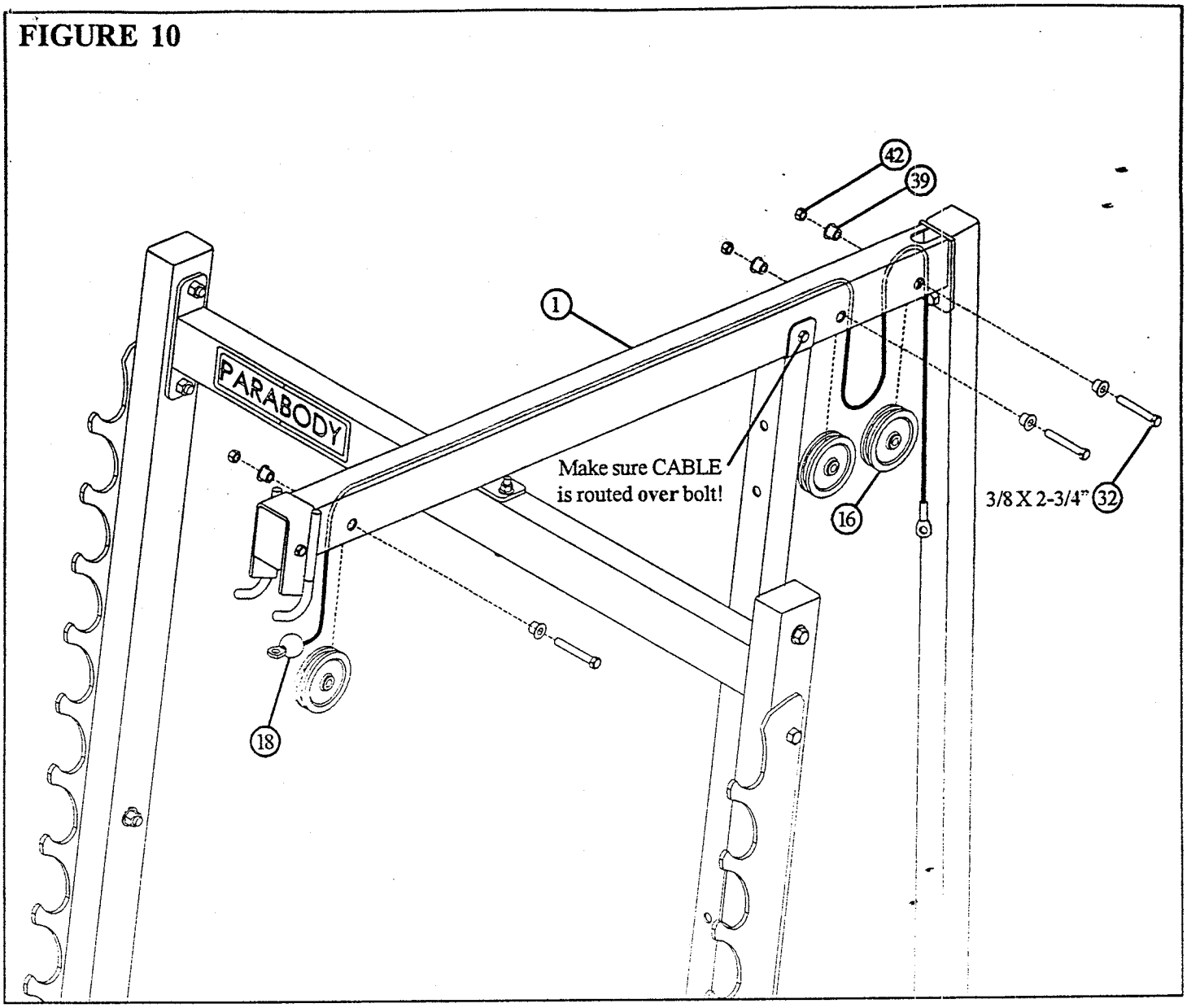



**STEP 9:**

- Slide two VINYL CAPS (27) over the LAT BAR SUPPORT (8) as shown in FIGURE 9.
- **SECURELY** assemble the LAT BAR SUPPORT (8) to the TOP BOOM (1) using one 3/8 X 2-3/4" (32) and one 3/8" LOW HEIGHT LOCK NUT (41). See FIGURE 9.



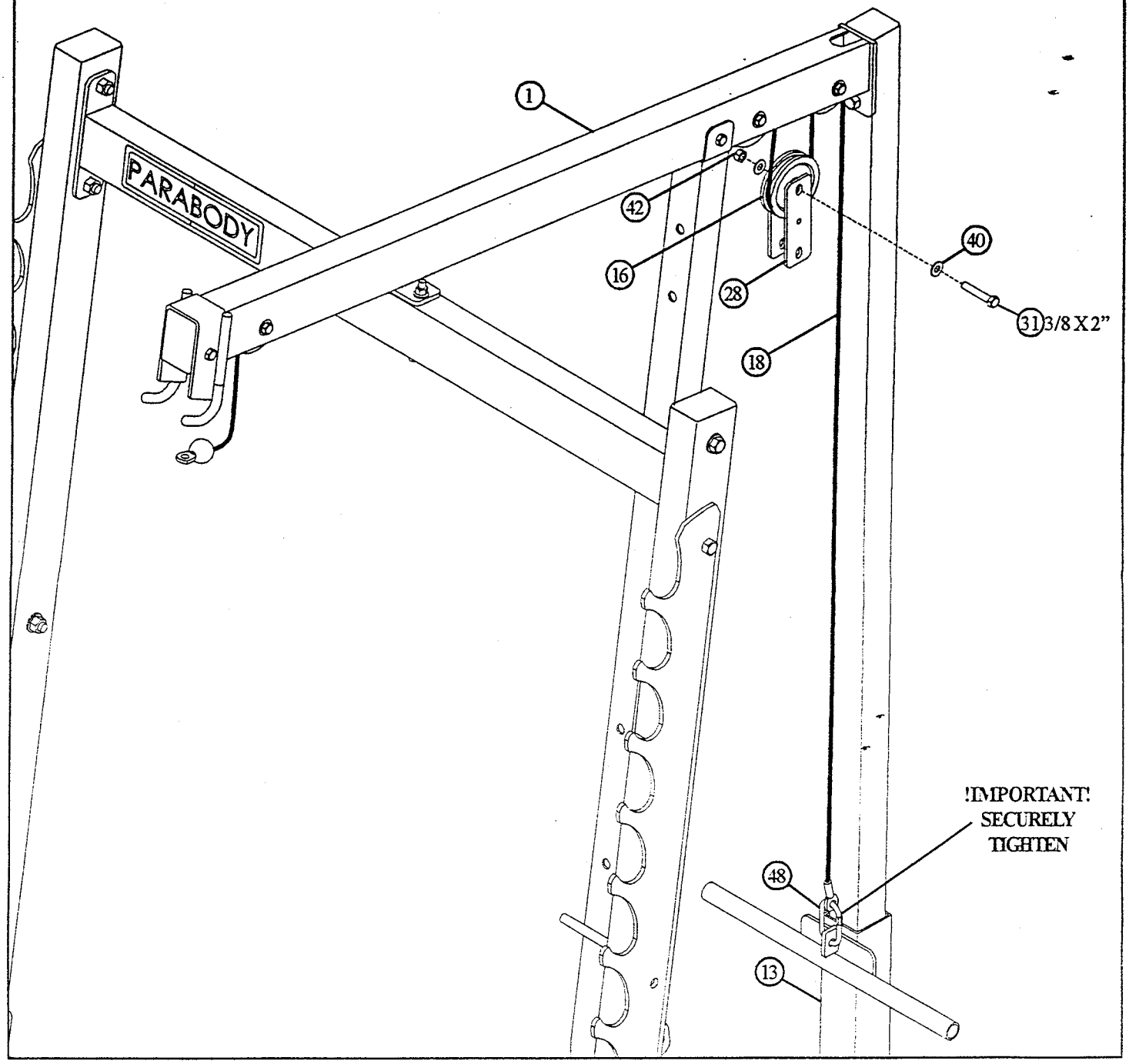
## FIGURE 10




### STEP 10:

- Route one CABLE (18) through the TOP BOOM (1) as shown in FIGURE 10. **(NOTE: Make sure CABLE is routed *over* bolt!)**
- **SECURELY** assemble three 3-1/2" PULLEYS (16) into the slots of the TOP BOOM (1) using three 3/8 X 2-3/4" BOLTS (32), six 3/8" FLANGE SPACERS (39), and three 3/8" LOCK NUTS (42) as shown in FIGURE 10. **(NOTE: Make sure the cable is routed over all the pulleys.)**

## FIGURE 11

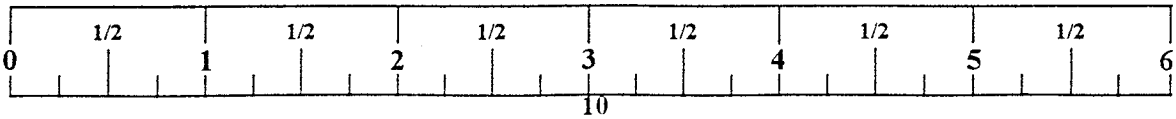



**STEP 11:**

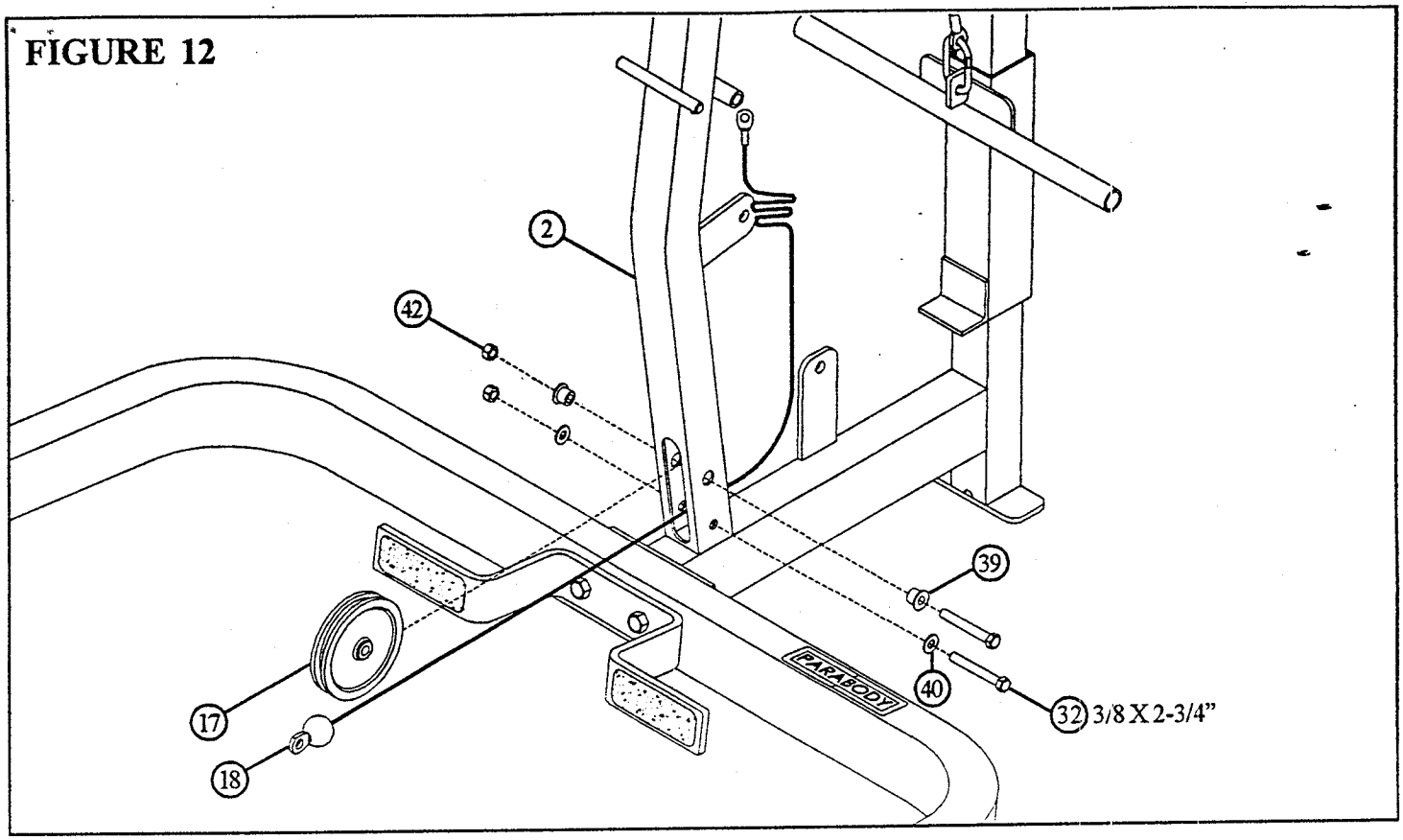
- Attach the CABLE (18) from the TOP BOOM (1) to the CARRIAGE (13) using one 1/4" QUICK LINK (48) as shown in FIGURE 11. **(IMPORTANT! Securely tighten QUICK LINK.)**

- Place one 3-1/2" PULLEY (16) into the loop of the CABLE (18) below the second and third PULLEY of the TOP BOOM (1) as shown in FIGURE 11.

- **LOOSELY** assemble two 3/16 X 1-3/4 X 5-1/4" PLATES (28) to each side of the 3-1/2" PULLEY (16) using one 3/8 X 2" BOLT (31), two 3/8" WASHERS (40), and one 3/8" LOCK NUT (42). See FIGURE 11.



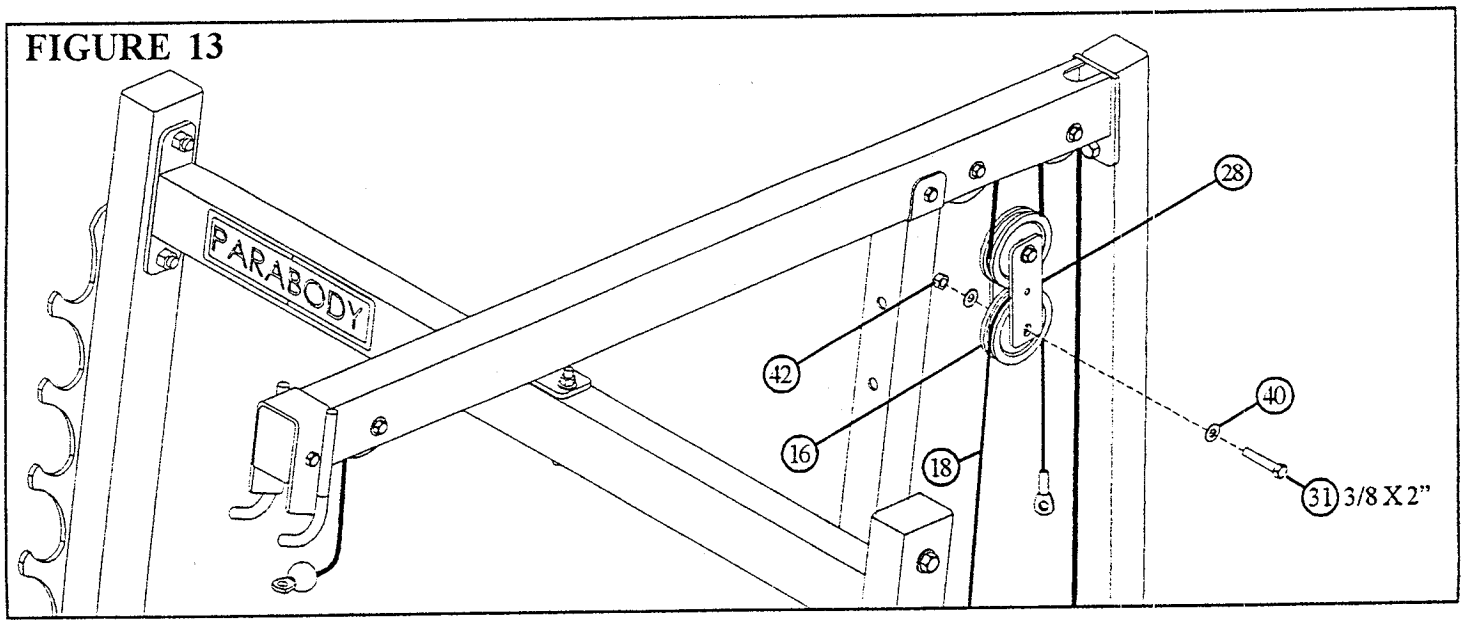
## FIGURE 12




**STEP 12:**

- Route the end of the second CABLE (18) through the slot of the UPRIGHT FRAME (2) then **SECURELY** assemble one 4-1/2" PULLEY (17) to the UPRIGHT FRAME (2) using two 3/8 X 2-3/4" BOLTS (32), two 3/8" FLANGE SPACERS (39), two 3/8" WASHERS (40), and two 3/8" LOCK NUTS (42). **(NOTE: The CABLE (18) should be routed between the pulley and the retaining bolt as shown in FIGURE 12.)**

## FIGURE 13




**STEP 13:**

- Wrap the CABLE (18) around one 3-1/2" PULLEY (16) and **LOOSELY** assemble it to the 3/16 X 1-3/4 X 5-1/4" PLATES (28) using one 3/8 X 2" BOLT (31), two 3/8" WASHERS (40), and one 3/8" LOCK NUT (42). See FIGURE 13.

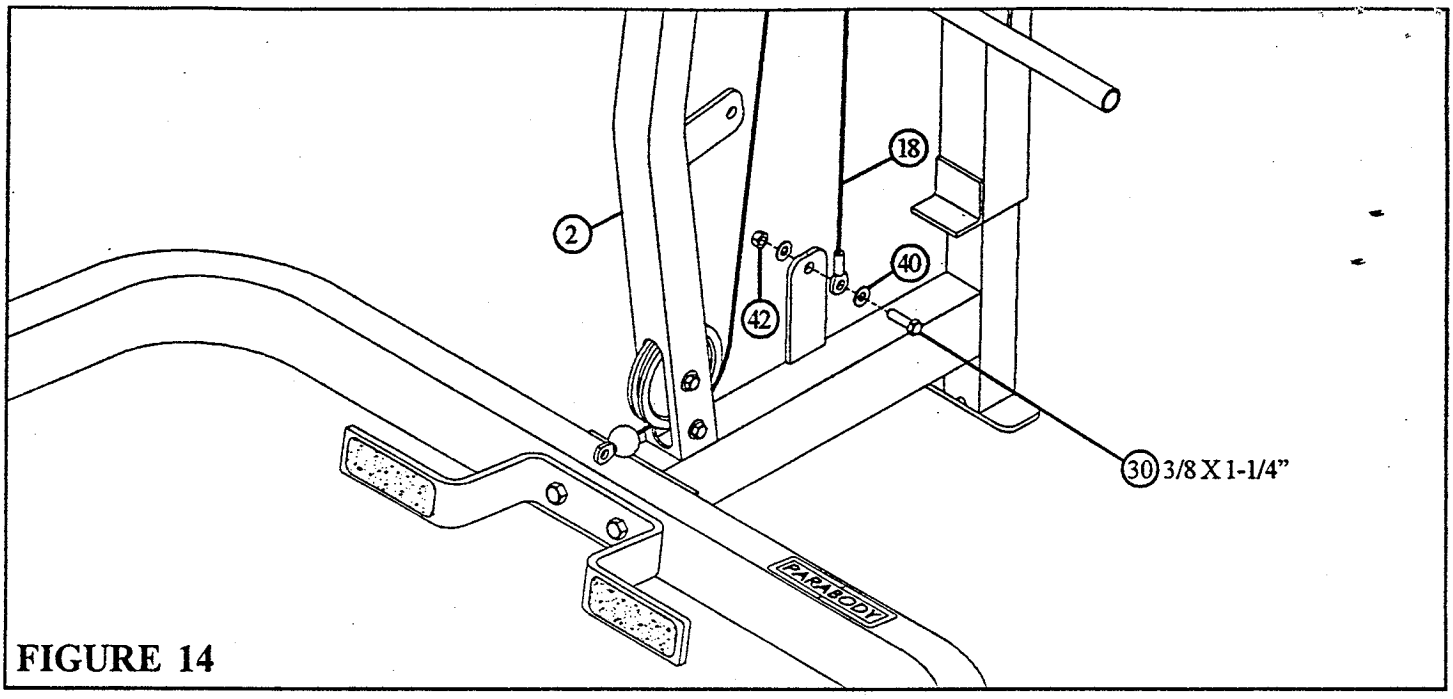



**FIGURE 14**

## STEP 14:

- **SECURELY** assemble the CABLE (18) to the plate on the UPRIGHT FRAME (2) using one 3/8 X 1-1/4" BOLT (30), two 3/8" WASHERS (40), and one 3/8" LOCK NUT (42). See FIGURE 14.
- **SECURELY** tighten the bolts of the PULLEY BLOCK

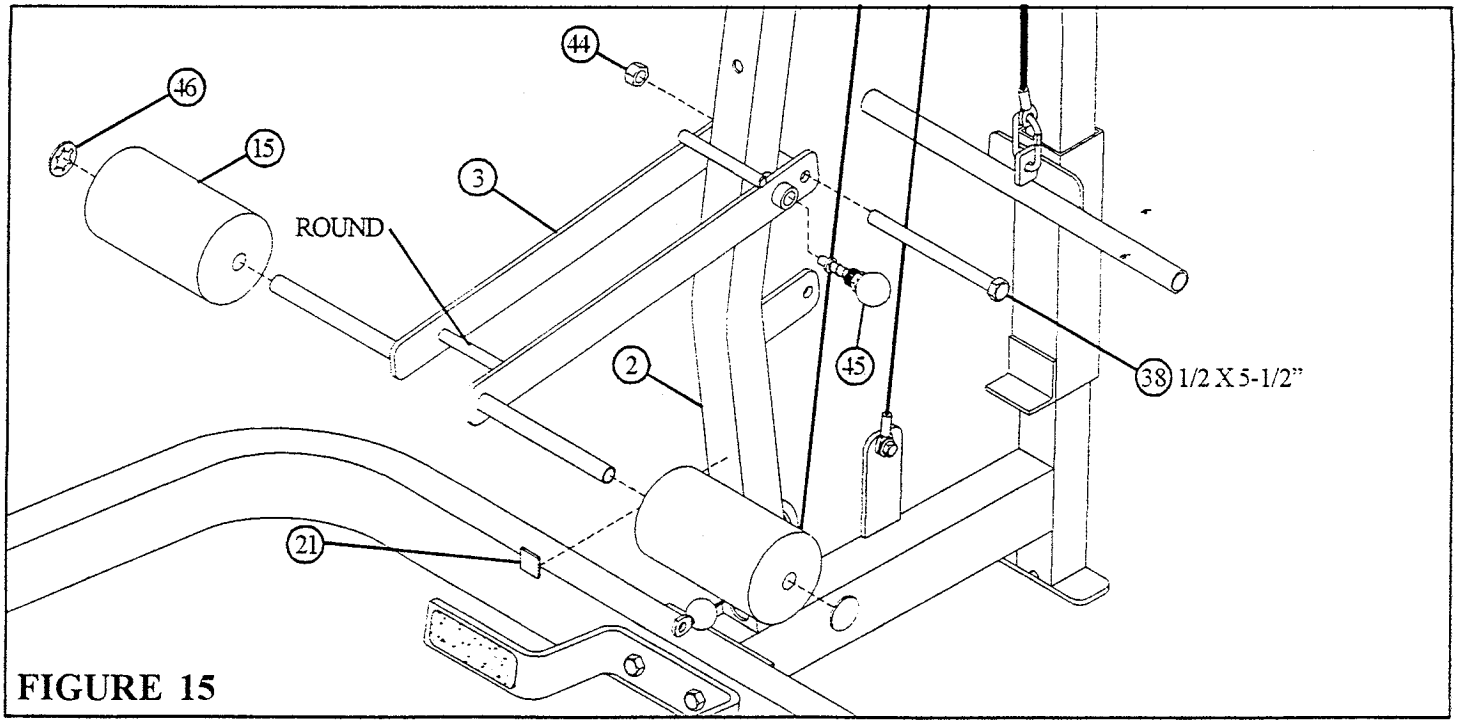
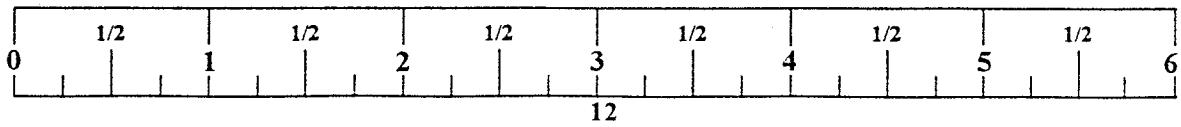



**FIGURE 15**

## STEP 15:

- Assemble two 4 X 7" ROLLER PADS (15) to the KNEE SUPPORT (3) using two STARLOCK COLLARS (46) as shown in FIGURE 15.
- **SECURELY** assemble the KNEE SUPPORT (3) to the UPRIGHT FRAME (2) using one 1/2 X 5-1/2" BOLT (38) and one 1/2" LOCK NUT (44). **(NOTE: Do not overtighten this connection, the KNEE SUPPORT should rotate freely.)** See FIGURE 15.
- **SECURELY** assemble the SPRING PIN ASSEMBLY (45) to the KNEE SUPPORT (3) as shown in FIGURE 15.
- Attach one 1" SQ. GLIDE (21) to the UPRIGHT FRAME (2) where the round of the KNEE SUPPORT (3) makes contact.



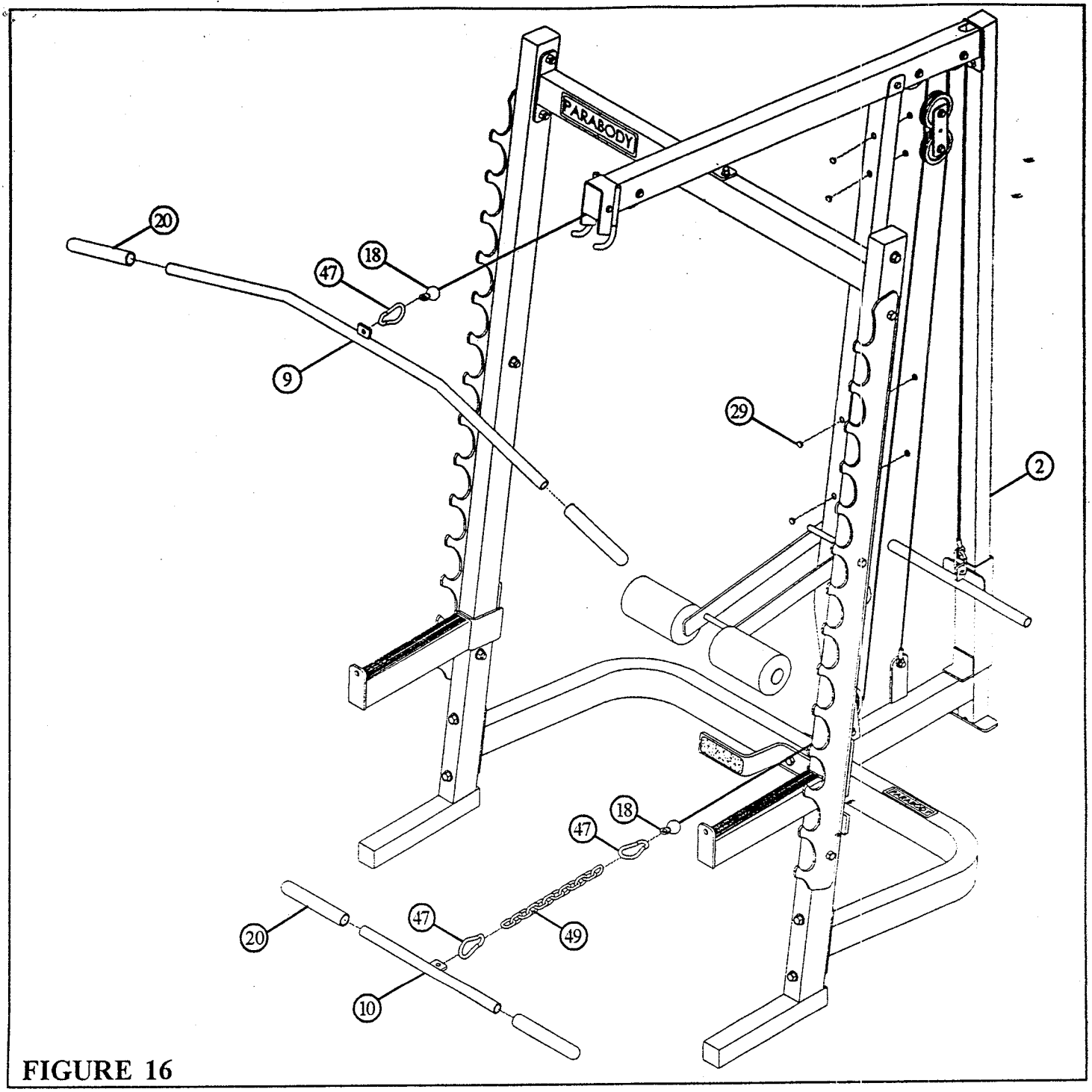



FIGURE 16

**STEP 16:**

- Slide two 1 X 8" GRIPS (20) on the LOW ROW BAR (10) and two 1 X 8" GRIPS (20) on the LAT BAR (9) as shown in FIGURE 16.
- Attach the LAT BAR (9) to the ball end of the upper CABLE (18) using one 5/16" SNAP HOOK (47) as shown in FIGURE 16.
- Attach the LOW ROW BAR (10) to the ball end of the lower CABLE (18) using one 12-LINK CHAIN (49) and two 5/16" SNAP HOOKS (47) as shown in FIGURE 16.
- If the PEC DEC ATTACHMENT will not be assemble at this time, eight 9/16" CAP PLUGS (29) have been supplied to plug exposed holes on the UPRIGHT FRAME (2) as shown in FIGURE 16.

**Thank you for purchasing the Parabody 893104 PRO SYSTEM. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**